



Jump Into A New Way of Thinking

City of Concord Wellflex Program

Plant-Based Eating Made Easy and Tasty!



[REGISTER HERE](#)

A plant-based eating style helps you lower your risk of many diseases such as diabetes, heart disease, obesity, cancer and high blood pressure. This sessions looks at practical ways to incorporate more plant-based foods into your menu planning, shopping and cooking routine. We will also discuss various types of vegetarian eating styles.

[Register](#) now to join us on the following dates and times:

Wednesday	3/18/15	12:00 pm—1:00pm	Council Chambers
Thursday	3/19/15	5:30 pm—6:30pm	Fire HQ Training Room
Tuesday	3/24/15	12:00 pm—1:00pm	COMF Cafeteria

**Note: There is a minimum attendance requirement, by the presenter, for all classes offered.*

All employees and City-insured spouses are welcome to attend during their 'non-work' time. You or your spouse will earn one (1) Wellflex health education unit for attending this workshop. If necessary, please remember to coordinate your attendance with your supervisor.

You may register for the education session by [emailing HR](#) or you may contact HR at 225-8535 for assistance or additional information.